

Dr. Young was born in Del Norte and raised in the San Luis Valley. She earned a Bachelor of Science degree, Master of Science degree and Ph.D. in Counseling Psychology from Colorado State University. She gained a broad range of experience in assessing and treating children, adults, and elders in multiple settings while serving as an intern.

Dr. Young was employed by the San Luis Valley Comprehensive Community Mental Health Center for over 15 years working in a variety of positions. She transitioned from her position as Assistant Executive Director of SLVCCMHC to Senior Director of Clinical Services for Axis Health System in Durango a few years ago and is currently serving as the Behavioral Health Manager/Psychologist at the Southern Ute Health Center where she provides direct mental health care in addition to overseeing the Behavioral Health Department for Southern Ute Indian Tribe.

Dr. Young has a long history of service on several community organizations' boards of directors and committees dealing with behavioral and physical health. Among her appointments, she served as a board member and Chair of the Board of Directors for Valley Wide Health Systems, a Federally Qualified Health Center serving southern Colorado. Professionally and personally, Dr. Young understands the importance of access to quality health care systems for all people, rural and urban, and the value of integration across governmental, funding, and agency lines. It is important to her to be actively involved in making these systems as effective and accessible as possible, using the benefits of modern technology and evidence-based practices.

When not at work, Dr. Young enjoys spending time with her husband, Mike, and other family members. Interests include hiking, fishing, camping, 4-wheeling, and reading.